

# 2022

## ATTACHMENT FOCUSED EMDR TRAINING (PARTS 1 & 2)

Practical Training for Certification by  
APCB & Parnell Institute

**4-11 NOVEMBER 22**

 **Oasia Hotel Novena**

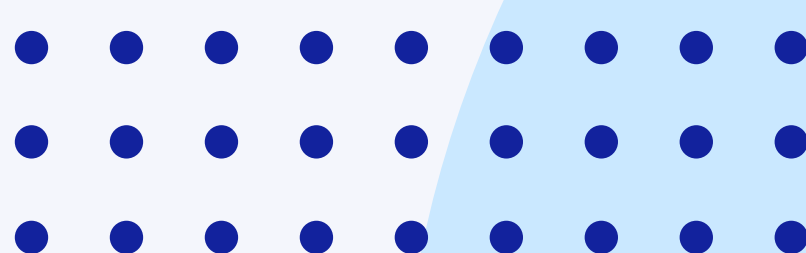
**Further Info & Registration: <http://evnk.co/af-emdr>**



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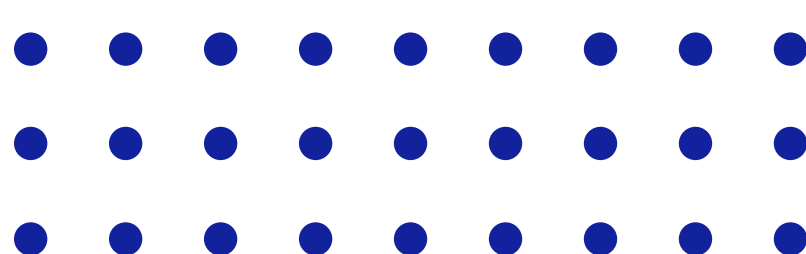
# WHAT IS AF-EMDR?

## About EMDR

Eye Movement Desensitisation Reprocessing (EMDR) is a powerful, evidence-based therapeutic method for healing trauma-based problems. Through the incorporation of eye movements or other bilateral stimulation in a comprehensive approach to process and release information in the mind and body, EMDR therapy is able to free people from disturbing images, bodily sensations, debilitating emotions, and restrictive beliefs.

## About AF-EMDR

Attachment-focused EMDR (AF-EMDR) is an evolution of standard EMDR and stresses the importance of creating safety for the client and the need to adapt treatment according to client-centered cultural and individual needs. AF-EMDR emphasizes a reparative therapeutic relationship using a combination of (1) Resource Tapping to strengthen clients and repair development deficits, (2) EMDR to process traumas, and (3) talk therapy to help integrate the information from EMDR sessions and to provide the healing derived from therapist-client interactions. Through these, AF-EMDR extends the use and benefits of EMDR and bilateral stimulation to clients typically less responsive to traditional EMDR protocols, due to chronic relational trauma and attachment deficits, and helps clients experience more complete resolution.



# Attachment-Focused EMDR Training (Parts 1 & 2)



## Dr. Laurel Parnell

Laurel Parnell, Ph.D. is the director of the Parnell Institute and developer of Attachment-Focused EMDR. She is an internationally recognized clinical psychologist, author, and leading expert on Eye-movement Desensitization and Reprocessing (EMDR) therapy. Since 1995 she has trained thousands of clinicians in EMDR both nationally and internationally. She is the author of five books on EMDR, including her latest release Attachment-Focused EMDR: Healing Relational Trauma.

### Learning Objectives:

- Construct protocols and procedures for using AF-EMDR with a variety of clients
- Demonstrate clinical application of EMDR and AF-EMDR concepts and procedural steps
- Demonstrate client selection criteria and cautions necessary for safe use of AF-EMDR
- Utilise resource development and installation in cases of challenging life situations, blocked beliefs, or for performance enhancement
- Identify methods for developing inner resources used for interweaves and client closure
- Construct AF-EMDR targets using the bridging technique
- Integrate AF-EMDR into clinical practice with a range of clients and present problems

### Course Requirements:

SPS Registered Psychologist, SAC Registered Counsellors, or Masters in Psychology or Counselling

**PRICE: \$4,500 (GST Included)**

**8% EARLY BIRD DISCOUNT (By 5 August)**

**10% GROUP OF 5 DISCOUNT**

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